

Be Your Best Exercises

Stage 1 = 2 x week (push / pull)

A push-pull strength training routine refers to a method of splitting your strength training into different workouts. When you do push exercises, you do movements in which you push the weight away from your body. These exercises typically focus on the quads, outer thighs, chest, shoulders and triceps. When you do pull exercises, you do the opposite, pulling the weight towards you. The muscles worked include the butt, hamstrings, back and biceps, different muscles than those used in a push routine. For that reason, you can set up a routine in which you do a push routine one day and a pull routine the next without working the same muscles two days in a row.

Day 1: Push day

Exercise :	Reps/Sets/Weight:	Actual weight used / notes :
Marching or jumping jacks	3x20	
Tricep dips (on chair or bench)	3x15	
Pushups (wall or floor)	3x15	
Squats	3x15	
Lunges	3x16 (8 each side)	
Over head shoulder press	3x15	
Side lateral raises	3x15	

Day 2: Pull day

Exercise:	Sets/ Reps/ Weight:	Actual weight used/ notes:
Marching or jumping jacks	3x20	
Bicep curls	3x15	
Seated rows	3x15	
Dead lifts	3x15	
Leg raises (front, side, back)	3x15	
Plank hold	3x 30 seconds	
Plank abs	3x15	

Stage 2 = 2x week (upper body / lower body day)

Day 1: Lower Body

Exercise:	Reps/Sets/Weight:	Actual weight used/ notes:
Jumping jacks	3x20	
Squats	3x15	
Weighted Lunges	3x16 (8 each leg)	
Dead lifts	3x15	
Step ups (onto bench)	3x16 (8 each leg)	
Sumo squats (with weight)	3x15	
Glute bridge	3x15	

Day 2: Upper body

Exercise	Reps/Sets/Weight:	Actual weight/ notes:
Mountain climbers	3x20	
Push ups	3x15	
Tricep extensions	3x16 (8 each side)	
Bicep curls	3x15	
Rows	3x15	
Over head shoulder press	3x15 (with free weights or medicine ball)	
Front side lateral raises	3x16 (8 each way)	

Stage 3 = 3 day split (corresponding muscle groups)

Day 1: Chest and Triceps

Exercise	Sets/ reps/ Weight:	Actual weight/ notes:
Superset #1		
Chest flys Fly's	3x15	
Tricep extensions	3x15	
Superset #2		
Pushups	3x15	
Tricep dips on bench	3x15	
Superset #3		
Push up walk-over's on bosu ball	3x10	One hand on bosu, one hand on floor, walk over and switch hands. 5 each side
Tricep pull downs on machine	3x15	Use rope attachment

Day 2 –Legs and shoulders

Exercise	Reps/Sets/Weight:	Actual weight/ notes:
Circuit 1		
Squats with weight	3x15	
One leg at a time forward lung	3x16	
step ups	3x15 (each leg)	
Circuit 2		
Pulsing squats – don't stand all the way up, stay low	3x15	
One leg Dead lifts	3x16 (each leg)	
Lying Stability ball hammy curls	3x15	
Circuit 3		
Squat jumps	3x15	
Squat over head press	3x15	
DB sumo squat heavy	3x15	

Day 3: Back and Biceps

Exercise	Reps/Sets/Weight:	Actual weight/notes:
Superset #1		
Wide lat pull downs	3x15	
bicep curls	3x15	
Superset #2		
Seated row	3x15	
Hammer curls	3x15	
Superset #4		
Bent over Db row	3x15	
Assisted pull ups- supinated (palms up)	3x15	
Superset #5		
Bicep curls w/ bar	3x15	
Arch ups on floor	3x15	

***Note: All of the exercises can be done with resistance bands, free weights, soup cans, or machines.**

Cardiovascular exercise – 3-5 days per week (150 minutes per week total!)

- Try group classes at the YMCA, Downtown Dance Collective, Currents, or The Peak
- Walk briskly for 30 minutes
 - ***Suggested places:***
 - Greenough Park
 - Laps around the park at Fort Missoula (by Community Hospital),
 - Walk along the Kim Williams Trail
 - Maclay Flats off of Blue Mountain Road
 - Walk laps around the track at the YMCA or at the mall (4x is a mile)
- Increase the intensity
 - ***Suggested places:***
 - Waterworks Hill
 - Mt. Jumbo, Mt. Sentinel
- Pick up the pace – walk, jog, or bike
 - Warm-up 5 minutes slow, easy pace - walk, jog, or bike
 - 30 seconds at a fast pace
 - 2 min slow-moderate pace
 - 25 sec fast
 - 2 min moderate pace
 - 1 min at a faster pace
 - 1 min at a slow, comfortable pace
 - 25 seconds fast
 - 1 min easy
 - 20 seconds fast
 - 3 min easy
 - 1 min moderate pace
 - 15 seconds fast
 - 45 seconds easy
 - 15 seconds moderately fast
 - 45 seconds easy
 - 15 seconds fast
 - 45 seconds easy
 - 2 minutes at a slow, comfortable pace
 - Cool-down: 5 minutes

Be Your Best Resistance Exercise Pictures

Stage 1 exercises

Bicep curls



Lunge



Tricep dips



Seated row



Plank



Push up



Dead lift



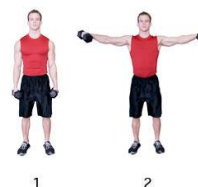
Overhead press



Squat



Side Lateral raise



Stage 2 Exercises (Also includes stage 1 exercises)

Tricep extension



Mountain climbers



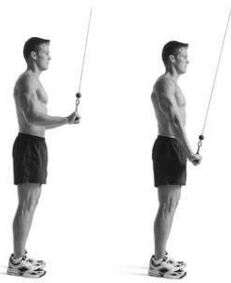
Stage 3 Exercises (See also exercises from stages 1 and 2)



Chest fly (can be done on floor, ball, or bench)



Sumo squat with weight



Tricep pull down



Lat pull down



Bench step up



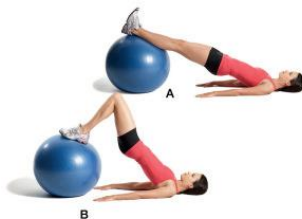
Hammer curls
(bicep curls with thumbs facing up)



Squat with overhead press



Squat jumps



Stability ball hamstring curl



Pushup walk- over on bosu ball